

**FLUID  
MOTION**

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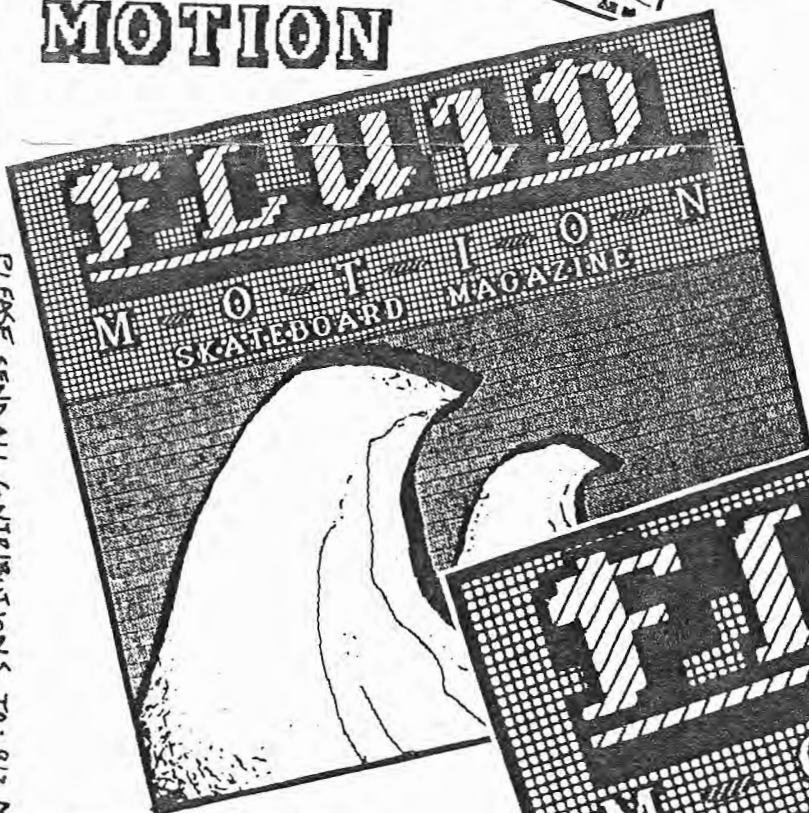
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**FLUID  
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AN ORIGIN ORIENTED,  
STYLE SUGGESTING  
PUBLICATION FOR SKATERS



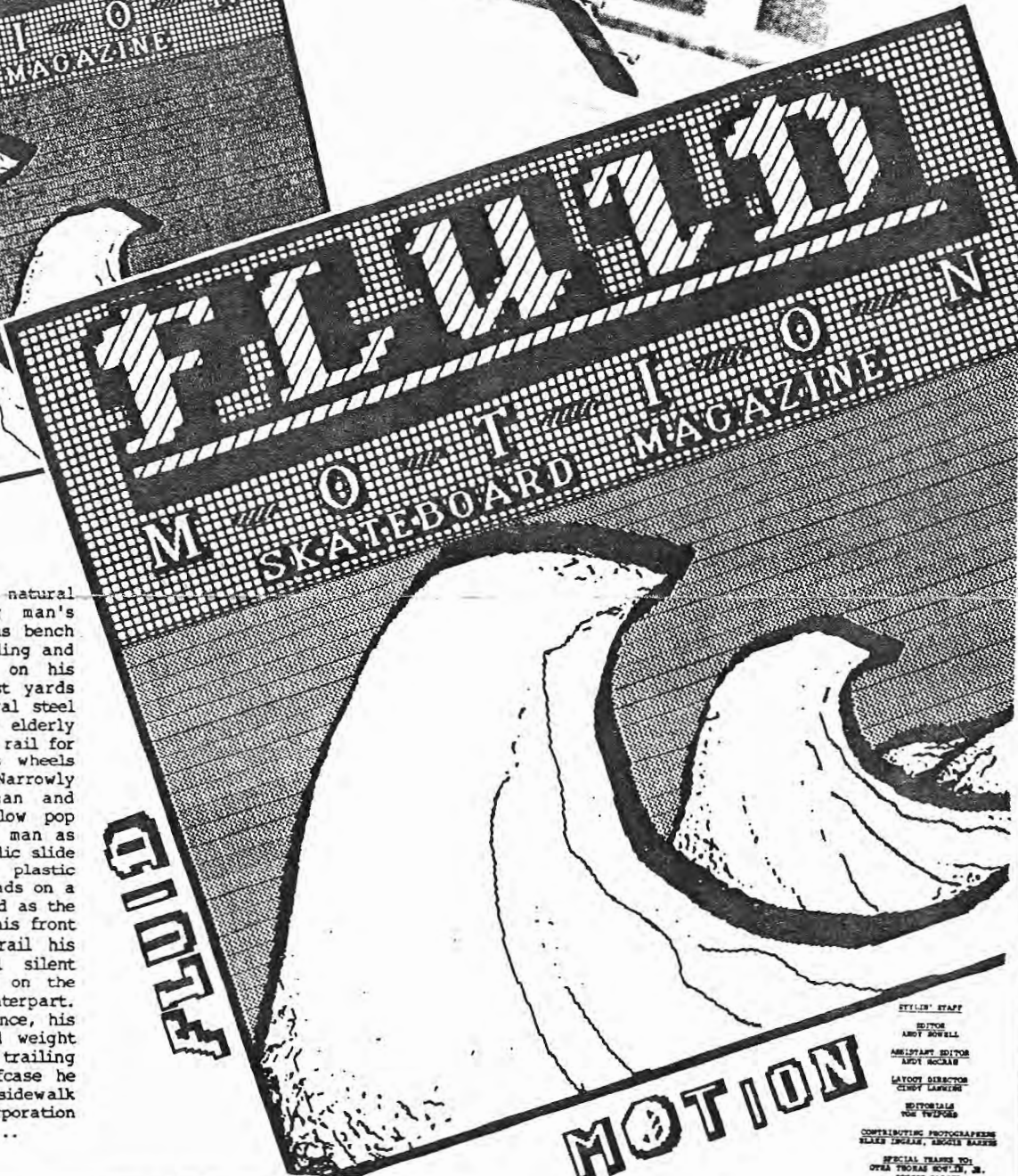
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NOT VERY BUSINESS-LIKE...

A hollow pop of his tail and a natural back axle pivot started the young man's aerial descent from the victimized bus bench in the heart of the city. A silent landing and quick carving turn put him back on his natural path down the sidewalk. Just yards ahead of the fleet rider lay a natural steel railing which stood waist high to an elderly business man, presently utilizing the rail for stability. The man's brain raced as wheels whirled at speed down the sidewalk. Narrowly passing the sharply dressed old man and without decreasing velocity, the hollow pop could be heard again from the young man as his body swayed through air. A metallic slide followed a light click, and the plastic attachments seemed as slick as icy roads on a winter morning. A lapse of time passed as the rider crouched low, reached around his front knee to grip his sled and thus derail his speeding style-cruise. An identical silent landing left the younger man back on the sidewalk, ahead of his elderly counterpart. Upon landing from his railing experience, his back arched and with his speed and weight focused on his front foot the man's trailing foot elevated and clutching his briefcase he proceeded to wheelie off down the sidewalk and into the busy crowd of corporation managers and office secretaries ahead...

**CHITTY**

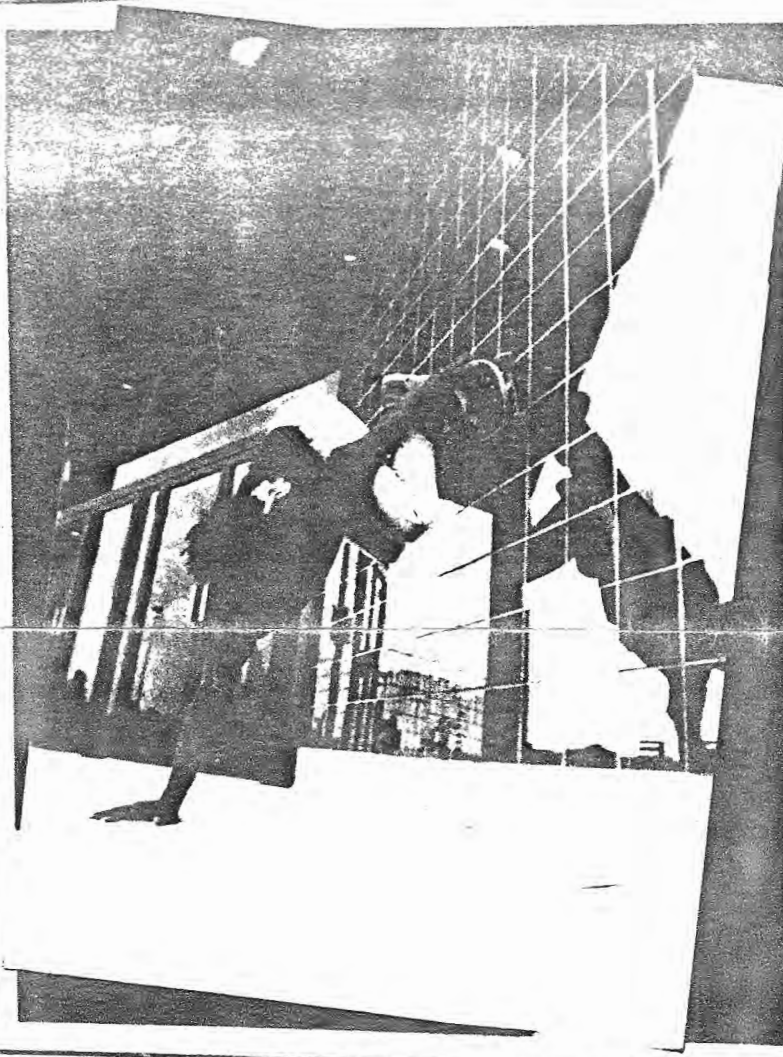


**MOTION**

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OTHA NOWLIN, caught here style-edgin' on home turf, has the proven style of an innovative and original skate guru.

A TALK WITH THE BALD-HEADED CHAMP, THE MOST DREAD-ED SKATEBOARDER IN VIRGINIA BEACH.

OTHA THOMAS NOWLIN, JR.

AGE: 18 SHOESIZE: 12

HEIGHT: 6' WAIST: 32"

WEIGHT: 155 LBS. HAIR: HALF RED

"Streetskating, if that's what you mean, I like streetskating. I like skating curbs, launch ramps on occasion, banks, ditches. My favorite banks are, uh, Paxton, I guess. Yeah, Paxton banks are fun. I haven't been there in a long time. I used to go with the gang alot, lately I've been going with some guys in my neighborhood, but it's coming to an end. I mean the sessions are slowing down, with the trucks and all.

"Sessioning Fish-Ditch is fun, on the side of the hi-way, runs the whole length of the road, but there's alot of weeds and stuff. There used to be a better place down at the end, but they put a curb down the center that can't be taken out, they say. I try to skate it side-to-side, kind of like a halfpipe, but I always sketch out on the transitions. I like doing normal stuff like rock-n-rolls, axle stalls, railslides, you know, slappies and that stuff. Rail to edges, yeah, but it needs more curbs, I skate 7-11 a lot, lotsa curbs. I mean, wherever we are and we see curbs, we'll just skate 'em."

Every skater becomes injured at least once in his or her skating career, and that's a given fact. Almost every skater sprains an ankle, bruises a hip, scrapes an elbow, or gets knee burn from a local ramp. A few even go so far as to dislocate a shoulder, break a wrist, or break a finger or toe. The latter skaters are not the ones this article addresses, for those are the few skaters who are immediately whisked off to the emergency room.

The skaters I am writing about include those who rap they're shins on the coping or a curb, sprain a thumb, or are minorly injured as mentioned above. The first step to effectively caring for these wounds is to stop the bleeding, either by elevation of the injury or application of direct pressure to the affected area. After the bleeding stops or if there was no bleeding, as in scrapes or burns, use an antiseptic treatment to cleanse the actual cut and surrounding area. Immediately upon cleansing the wound, apply a sterile dressing to the affected area to keep infectious bacteria from getting into the wound. In case of a

bruise or sprain, use ice applications for the first twenty four hours, with short intervals in between applications. After the first twenty four hours you've done all you can to prevent swelling, but heat applications are advised to speed recovery. In the case of a sprain or bruise, apply an ace wrap immediately after the last ice application, and continue care with heat applications.

Remember, if a skater does not take heed of a minor injury, he is a candidate to infection and disease, which can lead to hospitalization. Also a reminder that when an injury is not cared for immediately, chance of recurrence is almost doubled.

So the next time you scrape your knee streetskating or twist your ankle on the ramp, take a little break and care for your injury. Remember, there's plenty of time to skate, but you've only got one body. SKATE AGGRO, BUT SAFE...



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# FLUID MOTION

COVER: After an impressive 3rd at Del Mar and a 5th at Oceanside, veteran pro freestyler and newly acclaimed businessman REGGIE BARNES proves that style and finesse is still the name of the game.

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#### ON TRICKS

"Like if I was skating down the street, I guess I'd just hit curbs, do slappies, boardslides, that sort of thing. I like doing ollies to 50/50's, or ollies over things."

#### ON STREET CONTESTS

"I don't know about street contests, alot of people say we shouldn't have them, I don't know about that. Just alot of people jumping off ramps, one good ramp would be nice. I like them when they're good, they're organized, and they have good prizes. When the judges and everything works out I like them. I thought the 17th Street Surf Shop contest was pretty good, and the Endless Grind contest in Raliegh."

"I SKATE 7-11 ALOT, LOTSA CURBS. I MEAN, WHEREVER WE ARE AND WE SEE CURBS, WE'LL JUST SKATE 'EM."

#### ON SKATE SPOTS

"I like 7-11 alot, you can skate there as much as you want. It's got alot of curbs, and they're fast, I guess. Paxton's alright, I mean when there's no truck and everything, you can skate forever. You can do grinds and stuff, but the curbs are kinda rough. I can skate alot up at Putt-Putt, not at Putt-Putt, but alot of places around the Boulevard and stuff. Moore's and Norfolk Paint Company, Arby's, and right around there. Around my house, Bess's is fun, I've skated there a few times."

#### ON RAMPS

"I used to skate big ramps, but I don't do it anymore. I like them every once in a while for fun, but if I could have a ramp it would have to be like Midge's old ramp. You know, not very high, but real wide, maybe twenty-four feet, with a channel just for fun. I like quarter pipes, but I'd like to have something different, that nobody's got. I haven't skated a quarter wave, but that would be alright. I like ramps with angles on both sides. We built a ramp yesterday, about three feet high. It's launchable, it's got a platform form for lip tricks and stuff. I think it's more fun that way, instead of just jumping you can do what you want."

#### ON STREETPLANTS

"It's funner to watch someone just skate when they've got style. But walking on your hands is the newest craze. I used to like streetplants a long time ago, a couple of years ago I saw some people trying them, and I wanted to learn them. Then I started doing them, all of the different variations, sadplants, neons, Andrechts. Then I got tired of them and all these people started doing them. They're old I tell ya, history....."



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